España / Español

EL RECOVERY KERNEL

La guía del bartender

25 mocktails funcionales a nivel neuroquímico

Muestra de localización con estilo

Todos los bares atienden a personas que no beben, que no deberían beber, o que no quieren explicar por qué. Esta guía les ofrece bebidas reales, adultas y discretas, preparadas con un flujo normal de barra.

> Los acentos de color conservan la calidez del original con una paleta editorial sobria para este mercado.

Adaptación local	Servicio métrico (ml)
Tono de carta	Sobrio, adulto y discreto
Paleta	#8C1D18 / #F0A202

Por qué existe esta guía

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Referencia rápida - selección de muestra

Bebida	Perfil	Mecanismo
The Warrior	COMT Val/Val — Warrior	Eliminación rápida de dopamina · Recompensa basal baja · Búsqueda de estimulantes
The Sparky	COMT Val/Val — Warrior	Dopamina en punto muerto · Búsqueda de novedad · Déficit de estimulación
Shock Rock	COMT Val/Val — Warrior	Densidad de receptores de dopamina · Perfil RDS · Alta necesidad de estimulación
Mission Fuel	COMT Val/Val — Warrior	Carga de precursores de dopamina · Enfoque sostenido · Sin bajón

Alcance de la muestra: esta pasada localiza la portada, la tabla de referencia rápida y una ficha completa de receta, preservando la estructura y la calidez del original.

01. The Warrior

Alta intensidad. Recompensa ganada. Sin bajón.

COMT Val/Val - Warrior | Depuración rápida de dopamina - recompensa basal baja - búsqueda de estimulación

Vaso	Highball
Hielo	Vaso lleno de hielo
Ingredientes	• 60 ml de zumo de cereza ácida • 30 ml de té verde (cold brew o enfriado) • 22,5 ml de zumo de lima fresco • 15 ml de sirope de miel • 2 golpes de Angostura bitters • Completar con soda
Método	Montar sobre hielo. Añadir cereza, té, lima, miel y bitters. Completar con soda y remover una vez.
Decoración	Rodaja de lima y cereza al marrasquino
Cómo funciona	La cereza ácida aporta precursores de melatonina y antocianinas que ayudan a amortiguar el estrés oxidativo. El té verde aporta L-teanina para un enfoque calmado sin sedación. Los bitters estimulan receptores amargos y pueden favorecer la digestión.
Nota de servicio	Mantener medidas métricas y un tono de carta sobrio.
Nota sobre medicamentos	Aviso sobre pomelo: cualquier bebida con pomelo puede afectar el metabolismo de algunos medicamentos. Mantener una nota visible para clientes con medicación crónica.

Referencia ampliada — las 25 bebidas

Esta pasada amplía la muestra hasta convertirla en un atlas de barra más completo, conservando la portada, el estilo localizado y la ficha detallada de The Warrior.

Bebida	Perfil	Mecanismo
The Warrior	COMT Val/Val — Warrior	Eliminación rápida de dopamina · Recompensa basal baja · Búsqueda de estimulantes
The Sparky	COMT Val/Val — Warrior	Dopamina en punto muerto · Búsqueda de novedad · Déficit de estimulación
Shock Rock	COMT Val/Val — Warrior	Densidad de receptores de dopamina · Perfil RDS · Alta necesidad de estimulación
Mission Fuel	COMT Val/Val — Warrior	Carga de precursores de dopamina · Enfoque sostenido · Sin bajón
The Architect	COMT Met/Met — Worrier	Eliminación lenta de dopamina · Acumulación de ansiedad · Sobreestimulación
The Sage	COMT Met/Met — Worrier	Apoyo GABA · Metilación · Eliminación de químicos del estrés
The Still	COMT Met/Met — Worrier	Regulación del cortisol · Apoyo del eje HPA · Arquitectura del sueño
The Folate	Variante MTHFR — Depleted	Cuello de botella de metilación · Déficit de suministro de neurotransmisores · Acumulación de homocisteína
The Methyl	Variante MTHFR	Precursores de SAMe · Apoyo de vitaminas B · Síntesis de neurotransmisores
The B Complex	Variante MTHFR	Cofactores de vitaminas B · Síntesis de serotonina y dopamina · Metabolismo energético
The Algorithm	Síndrome de deficiencia de recompensa	Densidad del receptor D2 · Línea base de dopamina · Anhedonia
The Dopamine	RDS	Carga de precursores de dopamina · Disponibilidad de tirosina · Apoyo del circuito de recompensa
Norm	RDS	Dopamina tónica · Línea base de motivación · Manejo de la anhedonia
The Serotonin	Deficiencia de serotonina	Disponibilidad de triptófano · Carga de precursores de serotonina · Piso del estado de ánimo

The Ground	Estado de pánico	Regulación del eje HPA · Apoyo GABA · Amortiguación del cortisol
The Metabolizer	CYP2D6 metabolizador lento	Apoyo a la desintoxicación · Reducción de carga hepática · Manejo de la sensibilidad
The Burner	CYP2D6 metabolizador ultrarrápido	Señal sostenida · Apoyo antitolerancia · Sensibilidad del receptor
The Garden	Eje intestino-cerebro	Apoyo del microbioma · Serotonina derivada del intestino · Reducción de inflamación
The Patch	Daño intestinal posconsumo	Integridad intestinal · Absorción de nutrientes · Carga inflamatoria
The Restoration	Arquitectura del sueño alterada	Precursores de melatonina · Apoyo GABA · Descenso nocturno del eje HPA
The Downshift	Cortisol alto	Recuperación suprarrenal · Eliminación del cortisol · Manejo del rebote dopaminérgico
The Civilian	Navegación social	Apoyo de oxitocina · Comodidad social · Feniletilamina (vínculo social)
Alexa	Ansiedad social	Disponibilidad de serotonina · Mayor soltura social · Reactividad al estrés bajo carga social
Siri	Apoyo de oxitocina	Vínculo social · Vía de la oxitocina · Aislamiento posabstinencia
The Protocol	Integral	Apoyo de espectro completo · MTHFR + COMT + intestino + sueño + social

La terminología de la referencia rápida de origen se tradujo en esta pasada para que la guía resulte más utilizable en el idioma de destino.

Verde profundo. Calma profunda. Sin actuar para nadie.

COMT Met/Met — Worrier | Apoyo GABA · Metilación · Eliminación de químicos del estrés

Cuando la ansiedad atraviesa el suelo.

Estado de pánico | Regulación del eje HPA · Apoyo GABA · Amortiguación del cortisol

La última llamada. La mejor llamada.

Arquitectura del sueño alterada | Precursores de melatonina · Apoyo GABA · Descenso nocturno del eje HPA

Páginas de receta añadidas

Pass 10

05. The Architect

Calm the Signal. Clear the Queue.

PERFIL COMT Met/Met — Worrier	**OBJETIVOS** Slow dopamine clearance · Anxiety accumulation · Overstimulation
VASO: Rocks glass	HIELO: Large cube

INGREDIENTES

- 60 mL strong cold green tea
- 22 mL fresh lemon juice
- 15 mL honey syrup
- 2 dashes Peychaud's bitters
- Top with soda water
- Muddled cucumber slice

MÉTODO

Muddle cucumber. Add tea, lemon, honey, bitters over ice. Top soda water. Do not shake — stir only.

DECORACIÓN: Cucumber ribbon + lemon wheel

CÓMO FUNCIONA

Green tea is the primary L-theanine delivery vehicle at a bar — L-theanine increases alpha brain wave activity, directly counteracting the stress-chemical accumulation of the Worrier profile. Cucumber contributes a cooling, low-stimulation frame, and the deliberate stir-not-shake method keeps the whole build gentle.

NOTA DEL BARMAN

The deliberate low-stimulation preparation is part of the experience. No shaker, no drama. This drink is built to feel like everything is already fine.

07. The Still

When the World Is Too Loud.

PERFIL COMT Met/Met — Worrier · Anxiety profile	**OBJETIVOS** Cortisol regulation · HPA axis support · Sleep architecture
VASO: Lowball / rocks	HIELO: Single large cube

INGREDIENTES

- 60 mL tart cherry juice

MÉTODO

Stir all over large cube. Add tiny soda splash last.

- 30 mL chamomile tea (cooled, strong)
- 15 mL honey
- 3 dashes Angostura bitters
- Splash soda water

Do not shake.

DECORACIÓN: Dried rosemary sprig pressed to glass

CÓMO FUNCIONA

Tart cherry juice provides melatonin precursors, while chamomile brings apigenin, a flavonoid associated with gentle calming support. Angostura bitters add a bitter backbone that keeps the drink from reading as juice and supports the slow, evening feel of the build.

NOTA DEL BARMAN

This is a slow-sipping drink. Pour it without rush. The rosemary garnish is pressed, not floated — the aromatic is part of the experience, not decoration.

18. The Garden

Heal the Belly. The Mind Will Follow.

PERFIL **Gut-brain axis · Post-substance gut damage · Serotonin production site**

OBJETIVOS **Microbiome support · Gut-derived serotonin · Inflammation reduction**

VASO: Highball

HIELO: Full ice

INGREDIENTES

- 90 mL ginger beer (high-quality, live culture)
- 30 mL pineapple juice
- 22 mL lime juice
- 15 mL honey
- 4 fresh mint leaves
- Top with soda water

MÉTODO

Muddle mint lightly. Build pineapple, lime, honey over ice. Top ginger beer, then soda water.

DECORACIÓN: Mint sprig + crystallized ginger if available

CÓMO FUNCIONA

Real ginger beer and mint give this page its identity: a bright, digestive profile with cooling lift. Pineapple and honey round the drink and help it feel like a real menu item rather than a wellness shot. It reads social, but the structure is built around gut-first support.

NOTA DEL BARMAN

Quality ginger beer matters here — look for bottles with real ginger character, not flat ginger flavoring. The drink should taste alive.

Vaso	vaso Collins
Hielo	vaso lleno de hielo
Ingredientes	• 60 ml zumo de manzana prensado • 22.5 ml zumo fresco de lima • 4 hojas de menta fresca • 15 ml jarabe de agave • 2 dashes bíters de apio • Completar con ginger ale
Método	Machaca la menta muy suavemente. Monta sobre hielo con zumo de manzana, lima, agave y bitters. Completa con ginger ale y remueve.
Decoración	ramita de menta fresca y abanico de manzana
Cómo funciona	Apoyo GABA · Metilación · Eliminación de químicos del estrés
Nota de servicio	Mantener medidas métricas y un tono de carta sobrio.
Nota sobre medicamentos	Esta receta no requiere advertencia específica por pomelo y medicación.
15. The Ground	
Vaso	lowball / rocks
Hielo	un cubo grande
Ingredientes	• 60 ml té de manzanilla frío (fuerte) • 30 ml zumo de manzana • 22.5 ml zumo de limón • 15 ml miel • 3 dashes Peychaud's bitters • pizca de sal marina
Método	Remueve todo sobre un cubo grande. No agites. Sirve de inmediato.

Decoración	lavanda seca en el borde (si está disponible) o solo twist de limón
Cómo funciona	Regulación del eje HPA · Apoyo GABA · Amortiguación del cortisol
Nota de servicio	Mantener medidas métricas y un tono de carta sobrio.
Nota sobre medicamentos	Esta receta no requiere advertencia específica por pomelo y medicación.
20. The Restoration	
Vaso	copa coupe o lowball
Hielo	un cubo o servido caliente sin hielo
Ingredientes	• 90 ml zumo de cereza ácida sin azúcar • 30 ml té de manzanilla fuerte (enfriado) • 15 ml miel • 2 dashes bitters Angostura • Warm option: serve as hot toddy without the cherry and add extra miel
Método	Remueve sobre un solo cubo, o caliéntalo en una taza. No agites.
Decoración	flores secas de manzanilla si hay, o rueda de limón
Cómo funciona	Precursores de melatonina · Apoyo GABA · Descenso nocturno del eje HPA
Nota de servicio	Mantener medidas métricas y un tono de carta sobrio.
Nota sobre medicamentos	Esta receta no requiere advertencia específica por pomelo y medicación.

Companion booklet for the next three recipe builds.

19. The Patch

The Gut-Brain Patch. Applied Orally.

Post-substance gut damage · MTHFR variant · Malabsorption | Intestinal integrity · Nutrient absorption · Inflammation load

Vaso	Rocks
Hielo	Full ice
Ingredientes	• 60 ml fresh ginger juice or strong ginger syrup • 30 ml lemon juice • 30 ml apple juice • 15 ml honey • 3 dashes Angostura bitters • Top with soda water
Método	Build over ice. Ginger, lemon, apple, honey, bitters. Top soda. Serve immediately.
Decoración	Crystallized ginger on pick + lemon wheel

Cómo funciona

Gingerols and shogaols in real ginger directly stimulate digestive motility and reduce intestinal inflammation through COX-2 inhibition — the same pathway targeted by ibuprofen, but without GI damage. Apple juice provides pectin, a prebiotic fiber that selectively feeds Lactobacillus and Bifidobacterium strains. Angostura bitters' bitter compounds stimulate gastric acid and bile production, improving breakdown and absorption of the very nutrients the recovering brain needs.

Nota del bar

This is the advanced ginger shot for people who want the gut support without the full garden. It's sharp, spicy, and self-evidently medicinal. Own it.

* The gut lining after years of heavy use looks like a clear-cut forest. Gingerols are the ground cover that comes back first. Pectin is the reforestation project.*

21. The Downshift

Decelerate. Not Crash. There's a Difference.

Cortisol high · Post-stim state · Stimulant recovery | Adrenal recovery · Cortisol clearance · Dopamine rebound management

Vaso	Highball
Hielo	Full ice
Ingredientes	• 60 ml cold chamomile or lavender tea • 30 ml coconut water • 22 ml fresh lemon • 15 ml honey • Splash of soda water • Fresh rosemary sprig
Método	Lightly bruise rosemary. Build over ice: tea, coconut water, lemon, honey. Splash soda. Rosemary garnish.
Decoración	Rosemary sprig + lemon twist

Cómo funciona

Coconut water is the best natural electrolyte replacement available at a bar — sodium, potassium, and magnesium in bioavailable ratios. Electrolyte depletion is universal after high-cortisol periods and is one of the primary drivers of the post-stimulant crash. Rosemary contains rosmarinic acid (GABA-adjacent) and carnosic acid, a potent neuroprotective antioxidant that specifically protects dopamine neurons from the oxidative stress of the rebound period.

Nota del bar

The rosemary is structural here, not just visual. Bruise the sprig so the oils release into the drink. The rosemary aroma also activates the olfactory-memory pathway — grounding and orienting.

The stimulant crash is not about the substance leaving. It's about the oxidative damage to dopamine neurons in its wake. Carnosic acid in the rosemary is there specifically for that.

22. The Civilian

Looks Like a Drink. Is a Drink. That's All Anyone Needs to Know.

Social environment navigation · Sober social pressure management | Oxytocin support · Social comfort · Phenylethylamine (social bonding)

Vaso	Rocks or coupe — your call
Hielo	Your preference
Ingredientes	• 60 ml cranberry juice • 30 ml orange juice • 22 ml lime juice • 15 ml simple syrup • Top with soda water • Orange bitters 2 dashes
Método	Build over ice or shake and strain. Either works. Serve how you like it.
Decoración	Orange wheel or nothing — fully optional

Cómo funciona

The Civilian is designed to look exactly like a cocktail in any social setting. The cranberry-orange-lime combination is indistinguishable from a cosmopolitan-adjacent drink. The psychological support for sober social navigation comes from the confidence of holding something that requires no explanation. Orange bitters' gentle bittering element also stimulates the bitter taste receptors that activate parasympathetic (calm) nervous system tone, reducing social anxiety.

Nota del bar

Serve this like you'd serve any drink. No commentary, no health explanation. The guest ordered a Civilian. You made them a Civilian. That's the transaction.

The most powerful thing about the Civilian is the conversation it doesn't require. Sometimes the protocol is social camouflage. The nervous system recovers in peace.

Supplement Continuation

Alexa · Siri · The Protocol

THE RECOVERY KERNEL

Bartender’s Friend

Páginas de recetas añadidas

Paso 11 · ES

Companion booklet for the next three recipe builds.

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Decoración	Crystallized ginger on pick + lemon wheel

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THE RECOVERY KERNEL

Bartender’s Friend

Páginas de recetas añadidas

Pass 12 · ES

Cuadernillo complementario para las próximas tres recetas.

Alexa

Señal clara. Sin ruido.

PERFIL Social anxiety · Serotonin transport variant · SLC6A4 OBJETIVOS Serotonin availability · Social ease · Stress-reactivity under social load

VASO: Highball HIELO: Full ice

INGREDIENTES:

- 60 mL blue butterfly pea tea (or substitute with blueberry juice)
- 30 mL lemon juice
- 15 mL honey syrup
- 2 dashes lavender bitters (or Peychaud’s)
- Top with tonic water

MÉTODO: Build over ice. Tea (it turns purple with lemon), honey, bitters. Top tonic. Watch the color shift.

DECORACIÓN: Lemon wheel + edible flower if available

Mecanismo

Blue butterfly pea tea (or blueberry juice) provides anthocyanins that cross the blood-brain barrier and activate the BDNF pathway — brain-derived neurotrophic factor, the compound that supports neuroplasticity and the formation of new behavioral patterns. The color shift from blue to purple when lemon juice is added is a pH reaction — visually interesting, conversation-generating, and entirely appropriate for the social anxiety profile that needs an ice-breaker built into the drink itself.

Nota para la barra

If the bar has butterfly pea tea (many craft bars do), the color shift is genuinely magical and a guaranteed conversation piece. If not, blueberry juice works and is equally functional.

* BDNF is how the brain builds new roads. Anthocyanins are the road-building crews. The person ordered Alexa because they want the new roads. Give them the ingredients.*

Siri

La segunda voz. La que conoce el atajo.

PERFIL Oxytocin support · Post-isolation social re-entry OBJETIVOS Social bonding · Oxytocin pathway · Post-withdrawal isolation

VASO: Coupe HIELO: Up — chilled coupe

INGREDIENTES:

- 60 mL fresh watermelon juice (or pomegranate if out of season)
- 22 mL lime juice
- 15 mL honey
- 2 dashes Peychaud’s bitters
- Splash of grapefruit juice
- Shake hard

MÉTODO: Shake all with ice. Double strain into chilled coupe. Serve up.

DECORACIÓN: Dehydrated lime wheel + expressed grapefruit peel

Mecanismo

Watermelon contains L-citrulline, an amino acid that converts to L-arginine in the kidney, which then supports nitric oxide production — a signaling molecule that facilitates social bonding pathways and oxytocin release. Pomegranate (off-season substitute) provides punicalagins which have documented effects on cortisol reduction in social stressor studies. The elegant coupe presentation supports the social function of the drink: this is for the person re-entering the social world after isolation.

Nota para la barra

This is the most beautiful drink on the list. The deep pink-red color in a chilled coupe. Serve it with the confidence of a cocktail you're proud of. Because you are.

* The Isolation Algorithm (Protocol 16, Protocol 25) is about rebuilding the social neural pathways that went dark. L-citrulline is a tiny biological nudge in that same direction. The beautiful glass is the rest of the protocol.*

The Protocol

La bebida de la casa. Todo el sistema. Un vaso.

PERFIL Comprehensive · Daily maintenance · All profiles OBJETIVOS Full-spectrum support · MTHFR + COMT + Gut + Sleep + Social

VASO: Your best glass HIELO: Your preference

INGREDIENTES:

- 60 mL pomegranate juice
- 30 mL green tea (cold brew)
- 22 mL lemon juice
- 15 mL honey
- 2 dashes Angostura bitters
- Splash ginger beer
- Top with soda water

MÉTODO: Build over ice. Pomegranate, tea, lemon, honey, bitters. Ginger beer splash. Top soda. Stir once. Garnish with everything you have.

DECORACIÓN: Lemon wheel + mint sprig + pomegranate seeds if available

Mecanismo

The Protocol contains the broadest functional spectrum of any drink in this guide. Pomegranate delivers folate (methylation), resveratrol (COMT modulation), and punicalagins (cortisol reduction). Green tea delivers L-theanine (alpha-wave calm), EGCG (neuroprotective antioxidant), and catechins (gut microbiome support). Lemon delivers Vitamin C (dopamine synthesis cofactor). Honey delivers prebiotic oligosaccharides and quercetin. Bitters deliver gentian (adrenal modulation). Ginger beer delivers gingerols (gut integrity and anti-inflammation). This is the Recovery Kernel in beverage form.

Nota para la barra

This is the house recommendation when someone doesn't know what they want and isn't looking for an explanation. 'We have something that covers everything — it's called The Protocol.' Then make it like you mean it.

* Every protocol in the main book has a biochemical target. This drink hits more of them than any other combination available at a standard bar. It's the daily maintenance stack. It's good. Order it twice.*